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Patient Information

How to Instil Eye Drops

Eye Unit

Instilling your eye drops using the bridge of your nose....

- Check that the drops you are about to use are the correct ones.
- Wash your hands.
- Open the eye drops and remove the collar around the neck of the bottle.
- Have a clean tissue handy.
- Position yourself safely. You should ideally be in a lying position, on a bed or settee.
- The eye drop bottle is positioned horizontally across the bridge of the nose.
- With one hand hold the bottle of drops across the bridge of the nose and with a finger of the other hand pull down the lower eye lid of the eye.
- Lightly squeezing the bottle will release one drop into the eye. Close the eye and lightly press a finger between the inner corner of the eye and the nose for 1 minute. This will prevent the drop from running down the tear duct into the nose.
- Using a clean tissue wipe any residue from the closed eye and face.
- Sit up slowly, to prevent any unsteadiness.
- Again wash the hands. And replace the top of the bottle.
- This method is adaptable for instilling drops into left or right eyes.

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**"This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg".**